



Mishawaka Communicator



Working together to build the "Best Hometown in America" by delivering exceptional services, promoting safe and clean neighborhoods, elevating the quality of life and inspiring pride in our community.

Dave Wood, Mayor

www.mishawaka.in.gov

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A Letter from Mayor Dave Wood



The Princess City has long been known as an attractive place to live, work, raise a family and retire. Thanks to a growing national economy and long-term strategic investments in our infrastructure and quality of life amenities like the Riverwalk, Mishawaka is poised for tremendous growth. It is no surprise that many are interested in investing, building, relocating and living in Mishawaka, and we are seeing great demand for new construction right now. We are all used to seeing rapid growth on the North Side but now we are also seeing that growth spread to other parts of our City as well. Perhaps nowhere is it more visible than in our downtown. Indeed, downtown is experiencing more investment, growth and change than we have seen in the better part of a century.

Sometimes growth and change can catch us off guard and might even be difficult to accept. Trust me, as a history buff and lifelong Mishawaka resident, I sometimes have difficulty with it myself. But I believe that growth is good for all of us. It grows our tax base, allows for new services and products to be available to our citizens, raises our property values, and if done correctly, it improves the overall quality of our lives. Plus, I believe that old adage "if you are not growing, you are dying." Therefore, I am willing to take a leap of faith; to trust that our years of preparation, vision and investments will pay off, and that will be good for all of us.

That brings me to the most asked question I've been getting of late: "What is that big, ugly box downtown?" Often the question is accompanied by a guess. Is it the ICE Detention facility (that was proposed then later withdrawn in Elkhart County)? It is also not a prison or a building without windows. It is Mishawaka's first parking structure that is a part of the \$42 million mixed-use development that includes both apartments and lower level commercial called *The Mill at Ironworks Plaza* being built by the private developer, Flaherty & Collins of Indianapolis. The project is being built through a public-private partnership that included over five million dollars of State Regional City funding. Typically, after I explain what it is, the next question is: "what color are you going to paint it?" Gray doesn't



Current view of incomplete parking garage structure during construction

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How Much Exercise Do You Need?

Health Information from Saint Joseph Health System

Everyone knows that regular exercise is good for you, but what does "regular" mean, and how much do you need to enjoy health benefits?

According to the U.S. Department of Health and Human Services' Physical Activity Guidelines for Americans, adults should get at least two hours and 30 minutes of moderate-intensity aerobic activity a week (30 minutes a day, five days a week). Aerobic activity is any exercise that increases your heart and breathing rate. Alternately, you can get 75 minutes (one hour and 15 minutes) a week of vigorous-intensity aerobic activity. This amount of exercise reduces the risk of chronic diseases such as heart disease and stroke, type 2 diabetes and some cancers. To avoid gradual weight gain, get 60 minutes of moderate- to vigorous-intensity activity on most days of the week. You can achieve this in smaller chunks of time over the day, according to the Centers for Disease Control and Prevention, although aerobic activity should be performed in episodes of at least 10 minutes.

For greater health benefits, increase your aerobic physical activity to 300 minutes (five hours) a week of moderate-intensity, or 150 minutes a week of vigorous-intensity aerobic physical activity. You should also do muscle-strengthening activities that are moderate- or high-intensity and involve

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UPCOMING EVENTS

- Aug 4 Neon Glow Swim (Merrifield Pool)
- Aug 8 Chill With A Cop (Central Park)
- Aug 10 Dive-in Movie "Cloudy with a Chance of Meatballs" (Merrifield Pool)
- Aug 17 Trivia Night (21+) (Battell Center)
- Aug 25 A Night for our Stars, All-Inclusive Dance (Battell Center)
- Aug 27 Harvest Dance (Battell Park Bandshell)
- Aug 29 Brunch and a Classic Movie - "High Noon" (Battell Center)
- Sep 2 Mishawaka Heritage Festival (Central Park)
- Sep 8 Seniors Day Out (Battell Park)
- Sep 22 80's Color Run (Central Park)
- Sep 26 Brunch and a Classic Movie - "Some Like It Hot" (Battell Center)



August is the time when many schools are back in session.

Remember...

SAFETY IS EVERYONE'S RESPONSIBILITY!!

ONLINE ACCESS



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A Letter from Mayor Dave Wood *(continued)*

seem to be a popular choice when I offer that answer in jest. We even had suggestions that we allow a local artist to paint a mural on it. We could request that it be painted but once complete, it would not matter because the parking garage **will not be seen**. It will, in fact, be hidden within a larger building.

Who would have thought that we would see a parking structure being built downtown? When the developer proposed it, I had some concerns. First, parking structures are expensive to build and maintain. We did not want to be in a position to be obligated to do either. Additionally, we know that parking garages are ugly (as evidence by the current box). We wanted the garage not to be visible at all to the public. That's a lot to ask of a private developer but I also had one more big ask: I wanted our citizens to have access to free public parking in the garage. As part of our investment, I'm happy to report that we were able to negotiate all those things successfully. We will not own nor maintain the garage at taxpayer expense, it will be totally hidden, and out of view and our citizens will have up to 150 spaces in the first floor of the garage where they can park free for up to 3 hours.

So how will that big gray box be hidden? The wood frame building will be built entirely around it. Shops and restaurants will be built on the outside first floor on Mill Street and residential units will be on the upper floors and around the other sides of the building, just like you would expect to see in a typical, more urban community. If you look closely now, you can see the concrete footers surrounding the garage that will be the outer façade of the building. The developer has already reported much interest in the building and even a signed restaurant tenant. I can already imagine parking in the garage, walking from the garage directly into the restaurant and dining outdoors on the sidewalk with my family overlooking beautiful Beutter Park and new street trees and seating that will surround the building.



View of The Mill at Ironworks Plaza looking southwest from Beutter Riverfront Park

Another popular misconception is that the private Mill at Ironworks development is being built in the park, thus taking away parkland. That is simply not true. The building is being constructed on the former grass fields that used to be a large Uniroyal factory complex turned brownfield, that was then demolished and cleaned to be prepared for future development. The site was always meant for development since it was cleared nearly twenty years ago. The property then sat there all this time, unproductive, only being used primarily during summer concert events and fireworks for overflow parking on the grass. We were able to sell those parcels to a private developer and I am happy to report that they are back on the tax rolls and are productive for the first time in about twenty-five years. That is helpful to the City, our schools, and many others. Indeed, Beutter Riverfront Park is being expanded concurrently with the Mill project and will have many new features and amenities that all our citizens may enjoy year-round.

The project has been discussed at countless public meetings including several boards and commission meetings and Common Council meetings. There have been no fewer than six public hearings in which the public could comment on at least part of the project. There have also been multiple news media stories on the building prior to construction. We had a few speak in favor of the project, a few more with questions, and we had no one contact us to oppose the project.

I know many other cities and towns wish they had the opportunity to attract investment and projects like we are experiencing. As much of a Mishawaka traditionalist as I am, I believe we must move forward. My greatest fear in my job is that I would hate to manage over the decline of my hometown. That would break my heart. So, I continue to be willing to move forward, step out of my comfort zone and take risks on creating a new downtown that I think will be vibrant, attractive and successful for future generations. As the building continues to be constructed I would suggest watching the transformation. By this time next year, I think you will be very pleased at what you see, and I believe that the downtown will be a place that you will want to visit even more often than before.

Yours in Mishawaka,

How Much Exercise Do You Need? *(cont.)*

Health Information from Saint Joseph Health System

all major muscle groups on two or more days a week. This adds even more health benefits such as strengthening bones to reduce the chances of fractures and improving arthritis management.

You don't have to set aside time to get in a workout. Try these tips for incorporating exercise into your daily routine:

- Walk instead of drive whenever you can
- Take the stairs instead of the escalator or elevator
- Take a family walk after dinner
- Go for a half-hour walk instead of watching TV
- Do housework, yardwork or gardening, or make home repairs
- Do sit-ups in front of the TV. Have a sit-up competition with your kids
- Join an exercise group such as Senior Fit

Before you start any exercise routine, be sure to talk with your primary care provider. For more help getting started, please visit thiscounts.org/fitness.

Send your questions, comments, or concerns to communicator_feedback@mishawaka.in.gov